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CRACKING UP

Recent warm weather has jump-started Edmonton's pothole season this year, with the city already out working on roads. See story on page 4.

RYAN TUMILTY/METRO

Baby's death blamed on insecticide

Fort McMurray.

High levels of chemical
designated as a
controlled substance in
Canada were found in
family's home: Official

"We're not sure how long
the family was exposed,"
Grainger said. "The younger
that you are, the more sus-
ceptible you can be."

One of the children, an
eight-month-old baby, died in
hospital and four others were
in critical condition Monday.
Ages and names were not re-
leased.

Grainger didn't say what
type of insect the family was
trying to kill, but it was re-
ported to be bed bugs.

Grainger said that type of
insecticide is a controlled sub-
stance in Canada.

He said an acceptable
level of exposure is one part
per million over 15 minutes,
or 0.3 parts per million over
eight hours. One room in the
apartment had concentrated
levels of the insecticide at
four parts per million.

"(That's) about four times
the average short duration ex-
posure (that's safe)," he said.

THE CANADIAN PRESS

Investigators say the death of
a baby and the hospitaliza-
tion of four other children are
linked to high levels of an in-
secticide found in the family's
northern Alberta apartment.

Brad Grainger, deputy
chief of operations for the
Fort McMurray fire depart-
ment, said the family brought
the insecticide, which is simi-
lar to aluminum phosphide
pellets used in North Amer-
ica, home from Pakistan,
where they were on vacation
about 10 days ago.

The pellets, when put into
fumigator, emit a phosphine
gas, which can be toxic.



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Education

ATA warns budget cuts could see 2,500 teachers lost

Alberta's teachers' union is warning that there could be 2,500 fewer teachers this fall should anticipated cuts by the provincial government come down.

Making matters worse is a projected student growth of 19,000, and reports already of some classes with 40 or more learners crammed in.

"We're not going to be able to hide these cuts," Mark Ramsankar, president of the Alberta Teachers' Association, said in an interview Monday.

The ATA projections come in the wake of a plan announced by Finance Minister Robin Campbell to reduce departmental spending by five per cent. With inflation and population growth factored in, the total cut is about nine per cent.

But Ramsankar said his organization didn't even count growth, analyzing instead the fallout of a seven-per-cent cut.

He said there are already warning signs of mass cuts to programs for students, including word that the province would not renew a full-day kindergarten program offered by the Calgary Catholic School District.

"If there's a program that a district has chosen to pay for optionally, the answer will be no, it will be gone," Ramsankar added.

Teachers speaking to Metro at a recent Calgary convention already painted a picture of dwindling in-school resources and extended hours of personal time required to mark papers and support students.

JEREMY NOLAIS/METRO IN CALGARY

Reaction. Local Somali community shrugs off video

Members of Edmonton's Somali community say there is no cause for panic after a terrorist group released a video urging extremists to target West Edmonton Mall.

Bashir Ahmed, executive director of Somali Canadian Education & Rural Development Organization, said this

type of propaganda is not new to the community.

"This doesn't (cause) us to panic," he said. "We've been seeing this type of video, propaganda, used by the Al-Shabab (group), so it will never intimidate our nation as a whole and particularly our community."

Ahmed said while Al-Shabab

is based in Somalia, it is not all Somali and doesn't represent the community in Edmonton.

The community plans on working with law enforcement any way it can to help, he added.

"We are very close ... with the police — not only local police but the RCMP," he said.

"We share any information we can here or overseas."

Farah Hussien, who works at the Sahaba Mosque, said he hasn't heard much from the community since the video was released.

"Those people are not our people," he said.

LEAH HOLOIDAY/METRO

Music lovers hope church can be saved

Downtown.

Advocates say losing the McDougall building would be a big blow



RYAN TUMILTY
ryan.tumilty@metronews.ca

Edmonton's historic McDougall Church is a rarity for music lovers, who hope the city will find a way to keep the building open.

Jason Flammia, executive director of the Up and Downtown music and arts festival, said they picked the church as one of 10 venues for their festival because it fits an important niche.

"A venue that houses a thousand people is really rare, especially within the downtown," he said.

City councillors will discuss a report on Tuesday that identifies \$18 million to \$25 million in needed repairs to the century-old building. The city report doesn't suggest where those funds could come from.

Flammia said Up and Downtown needed support in



The McDougall Church was built in 1910 and is one of the oldest structures in the city. METRO FILE

its early days and McDougall offered a great space with low rent costs.

"It allowed for our festival to grow," he said.

He said the building also has excellent acoustics and sightlines.

"There isn't a bad seat in the house for sure," he said.

Greg Greenough, the

church's treasurer, said he's glad the city helped to have a thorough assessment done, but he has no idea where the money could be found for the repairs.

"There is no obvious source of that money at this time," he said.

Greenough said the church is willing to seek a historical

designation for the property, but they need a plan to save the building first or they risk devaluing the property.

"If we had a commitment for redevelopment, for preserving the church, if the financial commitment was there, there would be no problem with the designation," he said.

1 NEWS



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City takes aim at suicide rate

Edmonton city councillors are hoping that bringing together a number of agencies in a common vision can help prevent suicide in the city.

Councillors approved plans Monday to have the city work with local agencies on a framework for suicide prevention.

While the overall rate of suicide and suicide attempts is on the decline in Edmonton, the city's rate is much higher than Calgary or Alberta overall.

Coun. Ben Henderson said he believes there can be some benefit from the city studying it, even though mental health is a provincial responsibility.

"There's a local context here that we need to understand," he said.

Edmonton's Support Network has been dealing with funding shortfalls and hasn't always been able to staff its 24-hour distress line. Jennifer Jones, the network's program director, said they need more reliable funding.

"We are under immense pressure to fundraise for that. We have to fundraise around 40 per cent of our operational budget," she said.

She said having the city look at the big picture could help make sure agencies weren't overlapping their services.

"The resources that we have available could be used more effectively if we were all working together under a common framework with a common goal," Jones said.

RYAN TUMILTY/METRO

Athabasca. Unique university faces shortfall

Alberta-based Athabasca University faces a multimillion-dollar budget hole, but the institution's president believes students will continue to be able to login and learn in the years ahead.

Even if Campus Alberta grants for the school come in at the same level as last year, Athabasca, the only English-speaking institution in Canada devoted solely to distance-learning, would be about \$4 million short, or about three per cent of its total operating costs.

But president Peter MacKinnon says the province has warned of a nine per cent total reduction in departmental spending and peer universities have begun

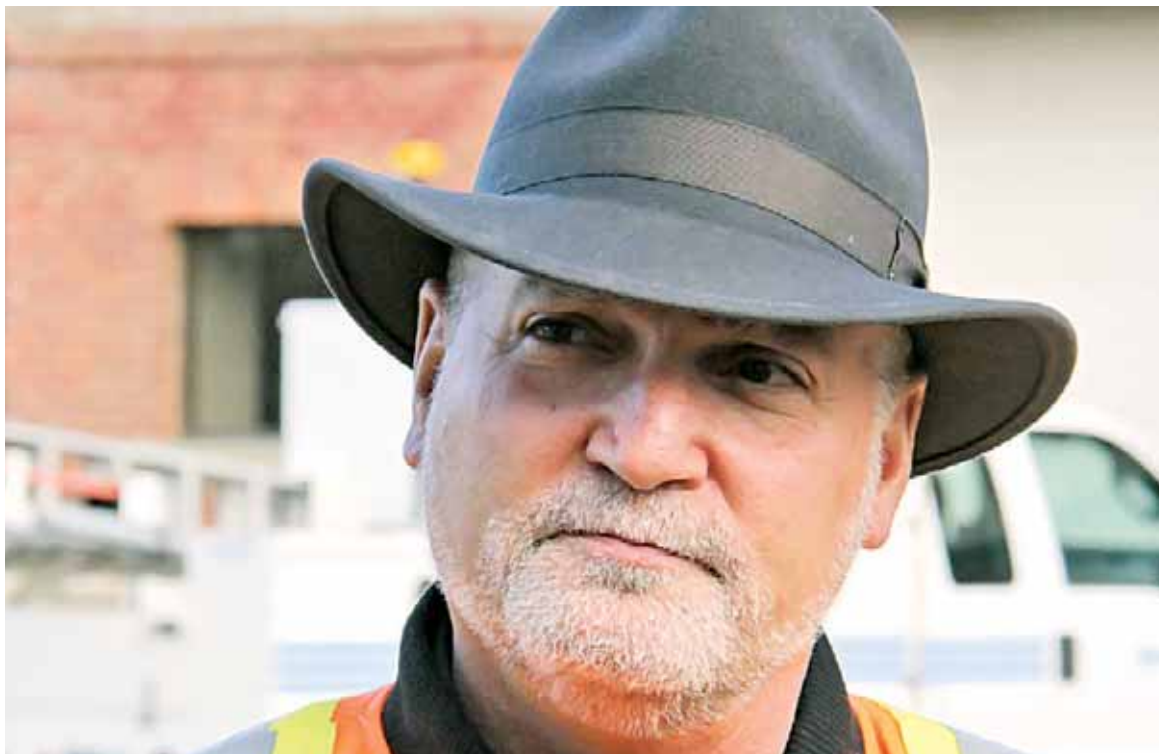
preparing for cuts of five per cent or more.

"It isn't going to be an easy thing to do, but I believe this university has, potentially, a terrific future," MacKinnon said Monday. "It's a wonderful legacy. It's been around for 50 years. It has made possible the educational dreams of large numbers of people."

Athabasca allows students to take upgrading courses or simply an offering not provided at their current school — about 77 per cent of the university's 40,000 students fall into that category. The rest are pursuing degrees.

JEREMY NOLAIS/METRO

WITH FILES FROM LEAH HOLOIDAY



Bob Dunford, the city's director of roadway maintenance, speaks with reporters about the pothole situation. RYAN TUMILTY/METRO

Potholes starting early

Road repair. Maintenance crews switching between potholes and plowing



RYAN TUMILTY
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Winter may not be over, but city officials say that hasn't stopped Edmonton's pothole season from starting.

The city filled 17,000 potholes in January, much higher than they would in an average year, said Bob Dunford, the city's director of roadway maintenance.

"Normally, we would be facing this in mid-to-late March, but this is starting earlier," he said.

Dunford said the current freeze-thaw cycle being experienced will do a number on the city's roads, but he's hopeful the damaged areas won't be as severe due to the work the city has been doing.

"With the work we did in 2013 and 2014, we've started to make a difference," he said.

He said city crews are prepared to switch between plowing one day and pothole filling the next, which is just part of life in Edmonton.

"We have to be adaptable and that is one thing we pride

ourselves on," he said.

Mayor Don Iveson said he hasn't been flooded with complaints, but he knows the damage is out there.

"I'm seeing it on the street like everybody else. These wild temperature swings we're seeing right now are just jackhammering the roads," he said.

Iveson said the investments the city has made,

including \$55 million in arterial-road renewal this coming year, should get the city's roads in good shape, but it won't happen overnight.

He said for now all they can hope for is fewer freeze-thaw cycles.

"Everyone else was happy when it was soppy wet and warm out and I am just cringing at what kind of spring we are going to have," he said.

By the numbers

750,000

In 2013, the city filled 750,000 potholes in one of the worst years it has seen.



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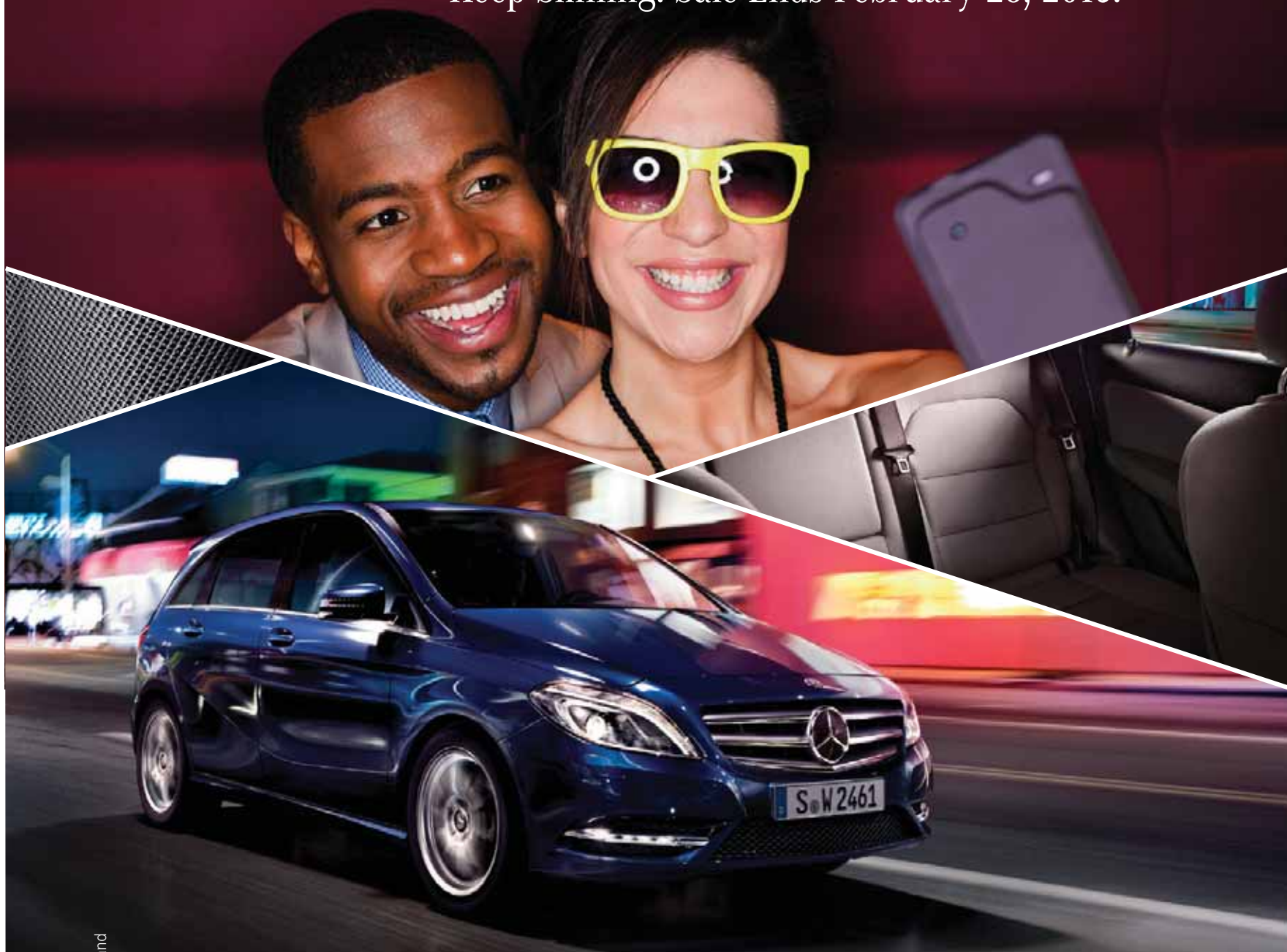
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Propaganda definition too broad in terror bill: Experts

A federal proposal to scrub terrorist propaganda from the Internet risks the deletion of speech that has no ties to violent threats, says a new analysis.

The definition of propaganda in the government anti-terrorism bill is dangerously broad, law professors Craig Forcese and Kent Roach say in their paper.

The bill, introduced late last month, proposes giving the RCMP power to seek a judge's order to remove terrorist propaganda from websites.

Forcese, of the University of Ottawa, and Roach, who teaches at the University of Toronto, say while they support the

idea in principle, it should be rooted in actual or threatened violence.

Conservatives brought in the bill — which would also significantly expand the powers of Canada's spy agency — following the daylight murders of two Canadian soldiers last October.

The Canadian Security Intelligence Service would become an agency that tries to derail terror plots, not just one that collects and analyzes information.

The bill would create a new criminal offence of encouraging someone to carry out a terror attack. **THE CANADIAN PRESS**

Greyhound killing

Group home suggested for man who beheaded bus passenger

Experts are recommending a man who beheaded a fellow passenger aboard a Greyhound bus should be

transferred from a mental facility to a Winnipeg hospital with an eye to moving him to a community group home. Vince Li's psychiatrist, Dr. Steven Kremer, told a criminal code board review hearing that Li has shown improvement and is at low risk to reoffend. Other doctors came to the same conclusion, the board heard. **THE CANADIAN PRESS**

Roundtable set to address missing, murdered women

Aboriginal issues.

Groups and activists still pushing for inquiry

Every year on April 29, Sue Martin marks her daughter Terrie's death by holding a vigil where she cooks and invites family members over to pray and share stories about loved ones.

Terrie was 24 when she was murdered in her Calgary home in 2002 while her children were in their rooms. She had been severely beaten, but to this day no one has been charged for the crime.

Martin believes there needs to be tougher laws and more police resources to deal with killings involving aboriginal women like her daughter.

"We need more education for our women, and more safe places for our women to go," Martin said, referring to shelters for aboriginal females.

Those are some of the things Martin wants to see come out



Sue Martin, centre, takes part in a national candlelight vigil to honour missing or murdered aboriginal women on Parliament Hill in 2009. Martin's daughter, Terrie, was killed in Calgary in 2002, and no one has been charged for the crime. FRED CHARTRAND/THE CANADIAN PRESS

of Friday's roundtable in Ottawa on missing and murdered aboriginal women. The roundtable will bring together representatives from the provinces and territories, national aboriginal groups, and the federal government — two delegates from each group will be at the table.

The aboriginal groups attending include the Assembly

of First Nations, the Congress of Aboriginal Peoples, and the Native Women's Association of Canada. Aboriginal Affairs Minister Bernard Valcourt and Status of Women Minister Kellie Leitch have also said they'll be participating. The roundtable is being held amid repeated calls for a broader national inquiry.

Prime Minister Stephen

Harper's government is instead devoting \$5 million a year for five years toward an "action plan" to end violence against aboriginal women, and says a national missing persons DNA index will also help address the problems.

Dawn Harvard, interim president of the Native Women's Association of Canada, noted that provincial leaders such as Premier Kathleen Wynne understand the missing and murdered aboriginal women's issue is "a crisis" even though the federal government doesn't see things that way.

Last May, the RCMP released a report that found between 1980 and 2012 there were 1,181 police-recorded incidents involving missing aboriginal females and homicides of aboriginal females.

The roundtable will address key themes, including prevention and awareness, police and justice system responses, and "community safety plans and protocols." **TORSTAR NEWS SERVICE**

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Northeastern Nigeria

Girl suicide bomber kills four others

A girl as young as 10 blew herself up in a busy market in northeastern Nigeria, killing herself and four others and fueling fears Islamic extremists are using kidnapped girls as suicide bombers.

There was no immediate claim of responsibility for the

attack Sunday, which also seriously wounded 46 people, but it bore the hallmarks of Boko Haram.

The girl, who appeared to be no more than 10 years old, got out of a tricycle taxi in front of the busy cellphone market in Potiskum then detonated her explosives, according to Anazumi Saleh, a survivor of the attack who suffered head injuries.

THE ASSOCIATED PRESS

Bangladesh

Death toll rises after river ferry disaster

The death toll from a weekend ferry disaster in central Bangladesh rose to 70 on Monday, as divers finished their search after the vessel was lifted to the surface and towed to shore.

A local government administrator, Rasheda Ferdousi, said the area of the river around the accident site was still being monitored because some passengers were still missing. He did not give an exact number.

"Our people are using boats to survey the river for any dead bodies," Ferdousi said.

THE ASSOCIATED PRESS

Ukraine

Continued rebel attacks prevent weapons pullback

Ukraine delayed a promised pullback of heavy weapons from the front line Monday, blaming continuing attacks from separatist rebels in eastern Ukraine.

Under a peace agree-

ment reached Feb. 12, both sides are to withdraw their heavy weapons 25 to 70 kilometres back to create a buffer zone. Ukrainian officials said Sunday they were planning to start.

However, military spokesman Lt. Col. Anatoliy Stelmakh told reporters on Monday the pullback will not begin until rebel attacks stop entirely.

THE ASSOCIATED PRESS

U.S. and Iran talk nuclear

Tehran. Iranian officials say they don't want arms, just enrichment for energy, medical and scientific purposes

Edging toward a historic compromise, the U.S. and Iran reported progress Monday on a deal that would clamp down on Tehran's nuclear activities for at least 10 years but then slowly ease restrictions on programs that could be used to make atomic arms.

Officials said there were still obstacles to overcome before a March 31 deadline, and any deal will face harsh opposition in both countries. It also would be sure to further strain already tense U.S. relations with Israel, whose leaders oppose any agreement that doesn't end Iran's nuclear ambitions.

Israeli Prime Minister Benjamin Netanyahu is expected to strongly criticize the deal in an address before Congress next week.

Still, a comprehensive pact could ease 35 years of U.S.-Iranian enmity — and seems within reach for the first time in more than a dec-

ade of negotiations.

"We made progress," U.S. Secretary of State John Kerry said as he bade farewell to members of the American delegation at the table with Iran. More discussions between Iran and the six nations engaging it were set for next Monday, a senior U.S. official said.

Iranian Foreign Minister Mohammad Javad Zarif said the sides found "a better understanding" at the negotiating table.

Western officials familiar with the talks cited movement but also described the discussions as a moving target, meaning changes in any one area would have repercussions for other parts of the negotiation.

The core idea would be to reward Iran for good behaviour over the last years of any agreement, gradually lifting constraints on its uranium enrichment and slowly easing economic sanctions.

Iran says it does not want nuclear arms and needs enrichment only for energy, medical and scientific purposes, but the U.S. fears Tehran could re-engineer the program to produce the fissile core of a nuclear weapon.

THE ASSOCIATED PRESS



Sinkhole in Naples, Italy, forces 380 to leave area

This photo taken Sunday shows a view from above of the chasm that opened Saturday and enlarged in the night, forcing about 380 people to leave the Pianura district of Naples, Italy.

THE ASSOCIATED PRESS

Missing. Three U.K. girls possibly headed to Syria

Turkish police searched Monday for three missing British schoolgirls believed to be headed to Syria to join the Islamic State of Iraq and the Levant (ISIL) extremist group as their frightened families issued urgent pleas begging the girls to return home.

The girls, said to be "straight-A students" from the same east London school, disappeared last Tuesday without leaving any messages. Authorities said they boarded a Turkish Airlines plane to Istanbul.

The relatives of Shamima Begum and Amira Abase, both

15, and Kadiza Sultana, 16, broke down in tears as they spoke of their fears on TV.

"We miss you. We cannot stop crying," said Abase Hussein, Amira's father, clutching a teddy bear Amira gave to her mother on Mother's Day. "Please think twice. Don't go to Syria."

The case has captured wide attention in Britain, where authorities say at least 500 people have left for Syria to join extremists and fear they pose a terrorism threat when they return.

THE ASSOCIATED PRESS

France. Six barred from travel to join extremists

France has barred six people from leaving the country because they wanted to join extremists in Syria, the first such travel ban under a new law aimed at keeping French radicals from gaining violent experience abroad.

Interior Minister Bernard Cazeneuve says some 40 others will face travel bans in the coming weeks. He did not name the six.

The bans issued Monday are the first since a sweeping

anti-terrorism law passed last year. The government is especially worried since attacks in Paris last month killed 20 people, including three gunmen claiming ties to Islamic extremists in Syria and Yemen.

An Interior Ministry official says the passports and ID cards of the six have been declared invalid for six months, a measure that can be extended for up to two years.

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Palestinian authorities found liable for Israel terror attacks

The Palestine Liberation Organization and the Palestinian Authority were the catalysts for a series of terrorist attacks in the early 2000s in Israel that killed or wounded several Americans, a U.S. jury found Monday at a high-stakes civil trial.

In finding the Palestinian authorities liable in the attacks, jurors awarded the victims \$218.5 million in damages for the bloodshed. The U.S. Anti-Terrorism Act could allow for that to be tripled.

The case in Manhattan and

another in Brooklyn have been viewed as the most notable attempts by American victims of the Palestinian-Israeli conflict to use U.S. courts to seek damages that could reach into the billions of dollars. The Palestinian Authority, which had argued that the attackers acted on their own, said it would appeal.

"The charges that were made against us are baseless," Deputy Minister of Information Mahmoud Khalifa said in a statement.

None of the victims was in the courtroom Monday for the verdict, but their lawyers called it a victory in the fight against terrorism.

"It's about accountability. It's about justice," attorney Kent Yalowitz said. He and an attorney with the Israel Law Centre, vowed to collect the damages by pursuing Palestinian Authority and PLO bank accounts, securities accounts, real estate and other property that may be in the U.S., Israel and elsewhere. THE ASSOCIATED PRESS

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THOUSANDS OF CANADIANS CHOOSE ECUADOR FOR THEIR RECREATION AND INVESTMENT PROPERTIES

The trend is not new: each year, thousands of Canadians flee the cold and the snow, heading south to sun destinations for weeks or months at a time. While many dream of owning a property in the South, the uncertainty surrounding the entire process can make taking the next step somewhat daunting. Not to worry! Since 2010 the Canadian company HolaEcuador has been helping Canadians succeed in acquiring their own piece of paradise.

GUIDANCE AND SUPPORT: KEY FACTORS

The Canadian company HolaEcuador understood the challenges faced by Canadian snowbirds and now facilitates the sun property acquisition process. After having visited Mexico, Costa Rica and Panama, company co-owners Gordon Poole and Yves Cormier chose Ecuador as the ideal location. The quality of the country's infrastructure, incredible biodiversity, low cost of living, beautiful landscapes, accessible and modern healthcare system and year-round mild climate were the decisive factors.

"Since 2010 we have helped hundreds of Canadians acquire a property on the Pacific coast of Ecuador", says Mr. Cormier, VP Sales and Marketing. "We are literally creating an entire seaside village. Of the 1,700 properties that we had available at the start of the project, only 700 remain unsold. And now with the majority of the site infrastructure completed, home construction is ramping up quickly."



Mr. and Mrs. Oulianov purchased their property in HolaEcuador's urban development. "The ability to sign a Canadian contract was reassuring for us", indicates Mrs. Oulianov. "Furthermore, the HolaEcuador representatives here in our area answered all of our questions and helped us throughout the entire purchase process. The whole experience was very positive!" The following comments were shared by Mrs. Boucher, who felt reassured by the progress

of the construction of her house and the project in general: "What was promised, was delivered! The project is moving forward



Mr. and Mrs. Oulianov, HolaEcuador Clients



quickly and the promoters work with the utmost precaution and make the proper decisions.", she adds.

GOOD TIME TO INVEST

For now, Ecuador remains a relatively well-kept secret. Properties in Ecuador are much more affordable than in similar tourist destinations, which is one of the main reasons that Canadian travellers and investors are flocking to the region. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place" confirms Mr. Poole. "Further, the Ecuadorian government is very stable and the currency is the US dollar, which is also very reassuring for investors.", he adds.

All that said, prices are rising quickly with the current real estate boom in the region. The Oulianovs wanted to act quickly and take advantage of the favourable market. "The development itself is spectacular - an endless beautiful beach, lots of parks and gardens, services available right on the site, and a ton of activities available in the region. We're convinced that this will be a fantastic community in a secure and comfortable environment."

TO GET MORE INFORMATION

"At HolaEcuador's informational seminar I was pleased to discover the high level of professionalism of the developers and the overall quality of the project. In addition to providing lots of interesting information about Ecuador in general, Mr. Poole also provided an in-depth look into this residential project and he took the time to answer numerous questions from the participants. The information that was provided at the seminar left me with a great deal of confidence to take the next steps in realizing my dream." says Al Hendley.



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Molly Maid president Kevin Hipkins (not pictured) says tech-based 'disruptive' companies like Handy, HomeJoy or TaskRabbit are merely ways to evade taxes — getting around the employer-employee rule by calling their workers subcontractors. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Sharing economy creating 'tax cheats'

Underground economy. Tech companies like Uber are emerging in other sectors such as cleaning services

The sharing economy might be getting lots of buzz, but Kevin Hipkins thinks it's just creating "a culture of tax cheats." Hipkins, president of Molly Maid, a Mississauga-based cleaning-services company, says these new "disruptive" tech companies such as Handy and Homejoy, funded through the deep pockets of venture capital, are not playing by the rules.

Because these companies consider the cleaner, handyman or furniture assembler to be independent contractors, they're not employees, and therefore not subject to significant employer contributions for items such as em-

Market Minute	
	DOLLAR 79.52¢ US (-0.19¢)
	TSX 15,200.26 (+28.02)
	OIL \$49.45 US (-\$1.36)
	GOLD \$1,200.80 US (-\$4.10)
Natural gas: \$2.879 (-7.2¢)	
Dow Jones: 18,116.90 (-23.60)	

ing services and cleaners have long represented a huge chunk of the underground economy — some estimates peg it at more than \$3 billion a year in Canada.

Hipkins believes there's a difference when it's a small under-the-table arrangement between a client and individual cleaner, versus a large U.S. company with millions in market capitalization.

Handy, which launched in Toronto last April and in Vancouver in June, says it is absolutely not evading taxes.

"Handy aims to be compliant with all local laws irrespective of jurisdiction," the company said in an email, arguing the Handy model allows professionals to choose their hours, work and schedule.

Homejoy, a California-based company, was operating in Toronto but suspended service there late last year. It did not respond to a request for comment.

TORSTAR NEWS SERVICE

ployment insurance or Canada Pension Plan.

Molly Maid, with about 1,200 employees, operating in all provinces except Quebec, ends up at a disadvantage when it comes to its profit model compared to these new companies, Hipkins said.

He concedes that clean-



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VOICES

ARE FAT BIKES JUST HYPE?

Yeah, yeah, they're super trendy, but in serious winter conditions, these wheels are genuinely great for winter commuting.



JAY
SMITH
edmonton@metronews.ca

They're not quite commonplace on Edmonton streets, but 2015 marks the 10th anniversary of fat bikes.

It's for this reason that I'm out on those streets, recently melted, glazed in freezing rain, and then thoroughly refrozen, trying out a model called the Salsa Beargrease. It's a sleek monster — light, designed for racing, but with those massive, four-inch tires.

I'm curious to find out: Are fat bikes all hype, or are they the winter commuter machine?

Back in 2005, bike manufacturer Surly announced the Pugsley, a mountain bike adapted to run on those huge tires. That wasn't, technically, the first fat bike — that distinction goes to Alaskan winter cycling enthusiasts Mark Gronewald and John Evingson who started making prototypical fat bikes around 2000.

But the Pug, as aficionados call it, was the first fat bike to have major distribution.

When redbike owner Cliff Vallentgoed saw the Pug at a trade show, he said he went "completely gaga."

Redbike brought in three, selling one to a mechanic and two to the general public. It went on that way for, he estimates, about six years.

Then, in the winter of 2012-2013, sales increased tenfold and



Check out the big grin on Metro columnist Jay Smith's face as she takes her new fat bike out for a test ride. COURTESY JAY SMITH

have continued to grow. Plus, every bike shop in town stocks them now.

"It's been the saviour of the bike shop's winter business," he comments.

Vallentgoed doesn't think that fat bikes are a trend. "We may see it come and go over the course of many years, but I think they're here to stay." They're just too good in conditions otherwise damning to winter cycling — brown sugar snow, snow paths, even powder.

Tim Caulfield is author of *Is Gwyneth Paltrow Wrong About Everything?* and a much-lauded researcher into health policy. What those who hear him on the radio talking about celebrity and healthy living might not realize is that he's also a hard-core cycling commuter. And, during the winter, he negotiates his 25-minute commute on a fat bike.

Since his work focuses on how trendiness clouds our judgment, I wondered what he thought of the fat biking craze.

"I'm a skeptic of all fitness gimmicks," he told me. "All these trends are just a way to sell products. That was my initial thought about fat bikes." However, once he tried one late last winter, he realized that even if fat bikes were becoming trendy, they were genuinely great for winter commuting.

"You can ride it in almost every condition. It is slow... but it's faster when conditions are terrible. It's fun going on the single-track snow pack."

DO YOU HAVE A TRANSIT IDEA?
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"Really, it's a blast."

Out on the streets and trails, I had to agree. Immediately (see photo), I started grinning stupidly. I rode arrogantly over ridges of ice. Snowy single tracks were smoothly meditative. On the paths behind Kinsmen, icy and laced with fat bike tire marks, I met a fellow fatbiker, leaning over his handlebars and panting — don't let anyone tell you that riding a fat bike is easy work ("slog" seems to be the near-universal descriptor) — who waved at me in a we're-in-the-same-in-club way.

Sure, it seemed ridiculous on cleared roads, and riding my cyclocross bike home felt like wielding a scalpel blade, but, you know, life deserves some ridiculous joy, no?

"They have incredible appeal," agrees Vallentgoed. "When you actually ride one, it's a 100 per cent conversion. Even if you're not riding in the snow, you appreciate how much fun it is, almost like a completely different sport. It's just goofy."

Jay Smith is a writer who has cycled, walked and run on Edmonton's streets and pathways her entire life. Her status as an alt-transit diehard includes raising her two kids without a car (or a licence) until last year.

When it comes to Gay-Straight Alliances, language matters



PAM
KRAUSE
readers@metronews.ca

Language is important when discussing sexuality — and in a situation where we're trying to promote openness, being vague with the name of Gay-Straight Alliance clubs could backfire.

There have been a lot of conversations about GSAs in schools. Should they be mandatory, can schools opt out of them, and why are they necessary? Most recently, debate sprung up about what they should be called, with some schools in Alberta advocating for

the term "diversity clubs."

Dropping terms such as gay, bisexual and lesbian further alienates an already marginalized group of teens by reinforcing the idea that different sexual orientations are something of which to be ashamed.

Gay-Straight Alliances (GSAs) have existed in North America since 1989 and are instrumental in creating a safer school environment. The clubs work specifically with LGBTQ youth, their allies and supportive teachers to create a safer space for teens, offering advocacy, support or education and awareness.

GSAs generally follow a guide-

line and there have been tool kits developed on what makes a GSA.

Decades of research and practice have given schools a recipe for ensuring a GSA can impact school culture in a positive way for all students.

It is critical that GSAs exist as a separate club devoted to LGBTQ culture. If we were to call these groups "diversity" clubs — a term that is vague and could suggest diversity of gender, ethnicity or ability — we'd be overlooking the unique experiences of what it means to be an LGBTQ youth.

And those experiences are indeed unique. In 2009, a Canadian

Study by the human rights charity Egale found that three-quarters of LGB students and 95 per cent of transgender students felt unsafe at school, compared to only 20 per cent of straight students. GSAs have been instrumental in improving those numbers for LGBTQ teens. Research shows that the existence of GSAs in schools reduces the fear of discrimination among LGBTQ students, that there is less homophobic language in school hallways. More LGBTQ youth in GSA schools report knowing a teacher with whom they can talk safely.

Because these clubs are so im-

portant in promoting a feeling of inclusiveness for LGBTQ teens, and in promoting a sense of dialogue and understanding within the school community, we need to take them seriously.

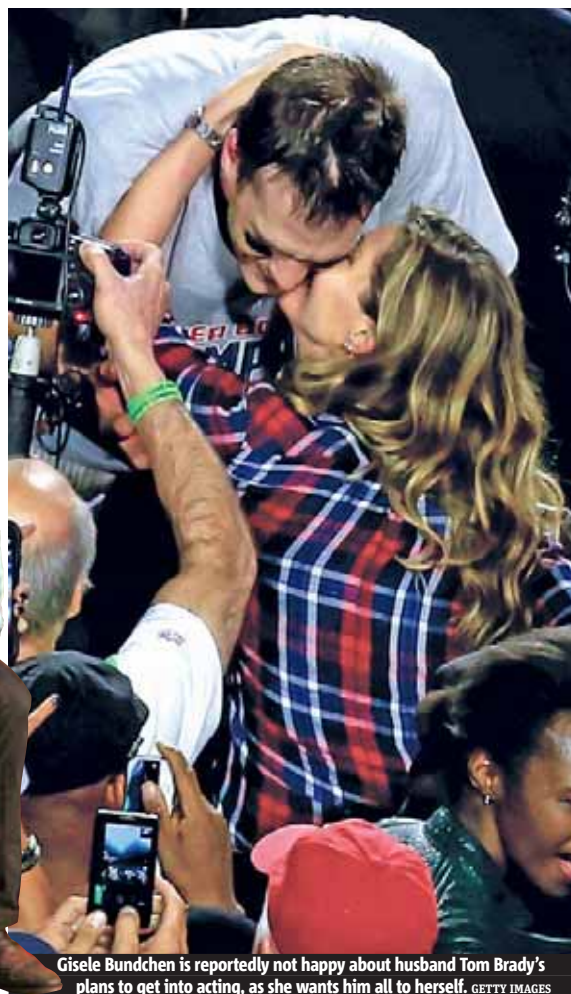
We need to focus on building acceptance, and not simply settling for tolerance in our communities. Building safe communities for LGBTQ youth through healthy, open and honest Gay-Straight Alliance clubs is an important place to start. Beginning with their names. Because language matters.

Pam Krause is the president and CEO of the Calgary Sexual Health Centre

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Gisele Bündchen is reportedly not happy about husband Tom Brady's plans to get into acting, as she wants him all to herself. GETTY IMAGES

Gisele's not ready to let Hollywood have Tom

Hey Tom Brady, you were just named the NFL's Super Bowl MVP. What are you going to do now? Head for Hollywood, apparently. According to the fine, reputable folks at Star magazine, Brady is reportedly mulling over an acting career once he retires from football

because why not? "At 37, Tom knows he only has a few seasons left before retirement. He's thinking ahead and believes he could become a huge movie star," a source says. "He's used to being a superstar. After winning the Super Bowl again, he's thinking about new

challenges outside of football." Only one problem, though. His wife, Gisele Bündchen, is said to be not so hot on the idea, if only because of him potentially spending time on screen with attractive female co-stars. But let's not get ahead of ourselves, right?

Kylie and Tyga are more off than on

Tough breaks for Kylie Jenner. The 17-year-old reality personality has been "crying all week" over the state of her relationship with 25-year-old rapper Tyga, according to Radar Online. "She is afraid that Tyga is going to break up with her," a source explains.

And with good reason, I'd imagine, since Tyga himself said they aren't dating. And he's apparently been getting pressure from his management team to keep his distance from Jenner, which may or may not have something to do with the stink Amber Rose was raising about

the pairing last week. "Tyga's advisers have told him to not be spotted out in public with Kylie doing anything romantic, including holding hands, or kissing," the source says.

"Tyga has tried to reassure Kylie that they are solid, but she has her doubts." And now I'm off to feel terrible about myself for spending this much time focusing on the dating life of a 17-year-old. Toodles!



Kylie Jenner
GETTY IMAGES

Duff's divorce is proceeding at a snail's pace

Hilary Duff has finally filed for divorce from hockey player Mike Comrie a year after they initially announced their separation. And if that doesn't seem like a long enough time to get the paperwork in order, on the filing itself Duff lists their actual date of separation as January 2013, according to TMZ. But hey, you have to be methodical in these things, right? Duff cites the old standby, "irreconcilable differences," for the split, and she's looking to make sure he doesn't get any piece of her finances or earnings, since they reportedly have a prenup.

Hilary Duff
GETTY IMAGES



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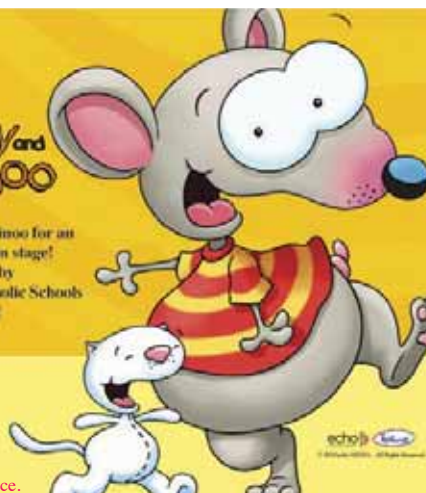
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Back in the studio

Lorde to start work on followup to her hit debut Pure Heroine

In a visit to Australian radio station Triple J, Lorde collaborator Joel Little revealed the pop singer is set to return to the studio next month to work on the followup to Pure Heroine.

A fellow New Zealander, Little was heavily involved with writing and producing Lorde's debut 2013 album, and the two have continued to collaborate since. They earned a Grammy Award for Song of the Year for the Pure Heroine single Royals.

When asked how soon a second album might be expected, Little answered: "Really soon. Within the next month or so we'll be

in the studio."

"I think we're just going to start writing and when it starts to feel right, we'll know that it's right. It's pretty simple really."

Hear Joel Little talking about Lorde on Triple J via soundcloud.com.

AFP

Lorde
GETTY IMAGES

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Sleater-Kinney BRIGITTE SIRE

Sleater-Kinney makes a surprise comeback

Earlier this month, when the three members of Sleater-Kinney took the stage together for their first full show in almost a decade, singer and guitarist Corin Tucker felt overwhelmed.

"The physicality of it was very intense," she says. "It's a very physical thing to do Sleater-Kinney." The band, which also consists of guitarist and singer Carrie Brownstein and drummer Janet Weiss, went on hiatus after their 2005 album, The Woods. Tucker concentrated on family life and a solo project called The Corin Tucker Band while Brownstein and Weiss played in the band Wild Flag. We talked to Tucker about the decision to revive the iconic band. They make a tour stop in Toronto in March, and in Vancouver in May.

Tell me about the secrecy involved in this reunion.

We weren't that secretive about it. We would tell people what was going on, when asked, and it was a "just between you and me, this is what's going on" thing, so we told probably about 200 people, including Sub Pop, everybody there

knew for a while what was going on. It's surprising to me that it didn't get out more than it did.

One of the most riveting things to watch onstage with Sleater-Kinney was always the almost telepathic communication between band members.

Yeah, I mean, there definitely is that chemistry, and I think just in the four shows that we've done, there's already been a lot of that going on. I think the first show was almost like a little bit shocking to be a band again, in a good way! It definitely felt like we were experiencing a resurrection.

Was there anything about your muscle memory that surprised you?

There were definitely songs that my hands would remember before my brain would. All of Dig Me Out my hands will remember, because we played it so many times. But other songs that we did, like, Oh! that for some reason, which is not that complicated of a song, I had to go back and relearn it.

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Skin care from the inside out

Besides treating your skin gently by taking shorter showers and moisturizing, you could be doing more to keep it looking and feeling healthy during winter and beyond. Cut out as much sugar as possible because it makes you age faster by interfering with collagen production. Keep green tea handy since it's packed with catechins that boost blood flow. And add these foods to keep your cheeks rosy.

EVA KIS
Metro in NYC

Dark chocolate

Is there anything cocoa can't cure? Opt for dark chocolate that's at least 70 per cent cacao — a German study found that the high concentration of flavanols helps thicken skin and boost hydration.



Olive oil



Whether it's the polyphenols keeping free radicals at bay or monounsaturated fatty acids lubricating skin from the inside out, a 2012 study found that women who ate more than two teaspoons a day showed 30 per cent fewer signs of aging. Look for the cold-pressed and extra virgin kind, which doesn't lose nutrients during processing.

Sardines

Give these little fish a try. Their omega-3 content is similar to salmon, and those healthy fatty acids are working to keep skin supple by supporting elasticity.



Fill your basket with these foods to incorporate into a skin-care routine. ISTOCK

Kiwi

They're packed with nearly twice as much vitamin C, pound for pound, as oranges, a vitamin that boosts collagen production, firms your skin and reduces dryness.



Sunflower seeds

A teaspoonful on your salad is enough to get about a third of your daily vitamin E (which should already be part of your skin care routine). It also has zinc. Both nutrients strengthen cell membranes for a smoother complexion.



Kale

As if kale needed another thing to add to its resumé. For your skin, it contains the powerful antioxidants lutein and zeaxanthin that eliminate free radicals. Bonus: Kale also contains vitamin C.



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CAMP GUIDE

Lots to do for spring break in Edmonton

Visit sea life, join a story time, be a pioneer

Spring break (March 27 to April 6) is brimming with camps and activities in the Edmonton area, so there's no excuse for letting the kids and teens sit around the house for the week — some even let mom and dad join in on the fun. This year's March break is also a lead-up to Easter, so there's extra fun (egg hunts and Easter bunny sightings) to entertain the whole family.

Fort Edmonton Park is a popular historical sight, documenting decades of Alberta history with activities for the whole family. At spring break, four-day camps for the five-to-seven and eight-to-eleven age groups offer pioneer-style fun, and include baking treats over a wood stove, toy making and scavenger hunts. Throw

in an old-fashioned Easter egg hunt and visit from the Easter bunny on Saturday, April 4, to cap off spring break in style.

End-of-season skiing is a great family option at the city's Snow Valley Ski Club. Each day of spring break, March 30 to April 2 from 10-2, there's skiing, games and warm-ups at the fire pit. If getting sporty is your thing, there's plenty around town to satisfy, including the second annual spring break soccer development camps at the Scottish United Soccer Club.

Vimy Lacrosse likewise offers tyke to midget spring break camp — a great way to kick off lacrosse season for enthusiasts.

For pursuits of a more cerebral sort, various Chapters/Indigo stores in and around Edmon-



SHUTTERSTOCK

ton act as a sort of spring break headquarters for many a parent and child. There's Dr. Seuss storytime, Wimpy Kid jokes and read-aloud, while at the Edmonton Public Library's various branches, it's a cornucopia of daily events — from magic shows and science/adventure sessions, to examining fossils, engineering, art and nature fun.

West Edmonton Mall is a traditional spring break destination, and this year's Adventure Camp for kids six-to-twelve will surely satisfy. Every morning, kids get hands-on experience with the underwater animals living in the Sea Life Caverns — penguins, sharks, fish, sea lions and turtles. It's a little wet and a lot of fun.

— Lucy Haines



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Outdoor opportunities

Rupertsland Institute camps provide an adventurous option

Rupertsland Institute is providing opportunities for Métis youth from across Alberta (ages 15 to 17, who are returning to school in the fall) to participate in two exciting career camps this summer.

The well-established Environmental Career Camp (in partnership with Inroads Mountain Sports) is a working camp at Hinton's Black Cat Ranch, geared to those youth interested in experiencing outdoor career options. Activities like rock climbing, horse-back riding and canoeing are offered, and the sessions teach leadership, responsibility and teamwork — they even provide a chance

to earn high school credits and safety tickets.

New this year, the Exploring Culinary Opportunities Camp (partnering with NAIT) also runs at Hinton's Black Cat Ranch. With the goal of providing participants with emergency first aid certification, career exposure and team-building, students will learn the basics of cooking, plus cooking over an open fire and using kitchen tools in addition to typical camp experiences.

"A lot of youth have first jobs in hospitality and the food industry. This camp can give them the skills to make an informed choice about whether they want a career in food service or the culinary arts," said Kristena Belcourt, provincial program manager of the Rupertsland Institute.

The Métis Training to Employment Centres are now recruiting for the limited spaces at both camps. Métis youth are encouraged to apply.

Rupertsland Institute
Métis Centre of Excellence

MÉTIS TRAINING TO EMPLOYMENT

MÉTIS EXPLORING CULINARY OPPORTUNITIES PROGRAM

Are you a Métis youth between the ages of 15 and 17 returning to school in the fall? Do you enjoy the outdoors? Have you considered a career in the culinary arts? Would you like to earn a wage while you gain valuable employment skills and experience?

If so, contact your local Métis Training to Employment Services office for more details about this exciting program.

Space in this program is limited, so apply today!

Canada
LEARN THE BASICS OF COOKING WHILE ENJOYING THE GREAT OUTDOORS

Application Deadline: July 3, 2015
Program Starts: July 18, 2015
For more information, contact
Métis Training to Employment Services:
1-888-48-MÉTIS – 1-888-486-3847
www.metisemployment.ca

SPORTS CAMP A SLAM DUNK

SUMMER FUN FOR JUNIOR GRIFFINS

MacEwan University's Junior Griffins Camps return in the summer of 2015, featuring weeklong opportunities for future Griffins to take part in basketball, volleyball, hockey, and other sports in July and August.

Junior Griffins Summer Camps are

designed to promote individual skill development in a team environment, with emphasis on having fun, learning and developing. Camps include instruction, practise and play, and are administered by Griffins coaches and athletes who "(provide) a really welcoming and encouraging atmosphere for our young kids," as one parent commented.

In addition to sport-specific training, Junior Griffins Summer Camps offer instruction on health, nutrition and wellness.

"Instruction and other activities seemed to be well received by the kids," one parent said. "We've heard a few good messages on nutrition from (our child) already!"

Registration fees for Junior Griffins Sport Camps range from \$250 to \$350, depending on the sport of choice, with a 10 per cent discount available for MacEwan University alumni and employees. The camps qualify for the children's fitness tax credit. For more information and to register online, visit MacEwan.ca/SportCamps.



CONTRIBUTED



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Pixel Blue College gets campers in the career zone

Hands-on learning offered in digital and creative fields

For forward-thinking students, going to camp can be a good career move.

Pixel Blue College's weekend and sum-

mer camps give students an opportunity to investigate career options by learning and practising the skills they need to excel in a digital career, testing the workflow of a creative career, or just seeing if it's something they would enjoy.

PBC's classes offer a strong mix of lectures and hands-on learning with experienced instructors, and students have dedicated hardware and software to practise

A GREAT WAY TO TEST THE WATERS

Test driving a career is a great way for students to examine their options. By enrolling in a camp, they may discover an amazing hobby — or a career that's exactly what they've been looking for.

on. The tuition for the camp also qualifies for the children's arts tax credit (CATC).

Such amenities ensure that students not only get their money's worth, but also their time's worth, enrolled in a camp that meets their expectations.



Junior Griffins Summer Camps are designed to promote individual skill development within the context of a team environment. We believe the key to success in sport is to focus on skill development in a positive environment.

REGISTER TODAY FOR

- | | |
|------------------------|----------------------------------|
| Hockey Camp | Triathlon Camp |
| Basketball Camp | Swim and Gym Camp |
| Sport Exploration Camp | Basketball/Volleyball Combo Camp |
| Volleyball Camp | Junior Lifeguard Camp |



MacEwan.ca/SportCamps



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Practise at number 1-ranked swim club

The Edmonton Keyano Swim Club (EKSC) has much to boast about — it's the No. 1-ranked club in Canada, following results from the Western Canadian and Canadian National Swimming Championships, and has also sent swimmers to the Commonwealth Games, Pan Pacific, and Junior Pan Pacific Games in 2014. The club also just won back to back titles at the 2015 Speedo Western Canadian Open.

With an excellent coaching staff, stellar reputation and a steady list of achievements, it's no wonder that EKSC has more than doubled its membership in the last few years. Keyano is the sought-after choice for competitive and non-competitive swim programs in town, offered at eight pools in the city.

The Keyano competitive program runs year-round, with free evaluations taking place each fall. The club trains out of seven public pools,



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including the Kinsmen Sports Centre — the Home of the Bears — where youth development, age group championships, youth national and international groups also train. The satellite pools are the sites for developmental competitive programs, while Scona Pool has become the primary home of the Bear Cubs.

"Both our competitive and non-competitive programs focus on stroke technique and follow the LTAD model to encourage fitness for life," says Nova Robinson, EKSC operations manager.

On the non-competitive side, EKSC runs three sessions per year (fall, winter and spring) for bear cubs (ages five to seven), junior

development and a September-June masters program. Bear cubs, which focuses on stroke technique and competition skills, requires swimmers to be comfortable in the water and to be able to swim 15 metres. The next session starts April 9 at Terwillegar Recreation Centre and Scona Pool.

The next junior development program, starting on April 13, runs out of The Meadows Recreation Centre, and is for swimmers who want to train seriously but don't want to compete. The program is ideal for those who want to go beyond lessons, with training one to three times a week for the session.

HELD AT POOLS ACROSS EDMONTON

The Keyano program accommodates swimmers of all ages — from five and up — at sites all over the city: Bonnie Doon Pool, Confederation Pool, Jasper Place, Peter Hemingway, Royal Glenora Pool (members only), Scona Pool and Terwillegar Recreation Centre, with performance programs at the Kinsmen Sports Centre downtown.

EKSC will now be offering a Junior Development Training Program at the NEW Meadows Recreation Centre.

This Program is aimed at swimmers who are aged 8 & over and who have had some swim training but are looking for something more.

*Have you finished lessons or are you looking for a more challenging swim environment?
Have you just finished your High School swim season but want to continue to develop your skills?*

Please join us for open Tryout's on March 23-26 from 4:00pm-4:40pm/4:50pm-5:30pm

Practice Schedule

Monday, Tuesday and Thursdays
4:00pm-4:40pm and 4:50pm-5:30pm

Session #2: April 13- June 18

Cost

Registration Fee: \$100/Year
1x/week: \$75.00
2x/week: \$120.00
3x/week: \$150.00

Bear Cubs Program Details

A program aimed at swimmers generally aged 5-7 where their lessons focus on stroke technique in all 4 strokes and competition skills in the water.

Tryouts at Scona Pool March 22, 2015 11am-1pm

Swimming Pools:

Scona Pool - (Home of the Bear Cubs) | Terwillegar Rec Centre

Practice Schedule

Apr 10, 2015 to
Jun 28, 2015

Cost

Registration Fee: \$100/Year
1x 40min / week: +\$150 / Session
2x 40min / week: +\$250 / Session



**EDMONTON
KEYANO
SWIM CLUB**

If you have any questions, please call **780.432.9448**
or visit our website at **www.eksc.com**.



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MAS camp trains students for success

Imagine spending two weeks at a summer camp, gaining skills in a variety of outdoor activities and achieving up to 11 Alberta High School credits, all while earning certifications toward careers in camp leadership and guiding.

Mountain Adventure School provides exactly this opportunity to students all over Alberta. Professional teachers and guides run this hands-on learning experience in a setting that is positive, safe, supportive, and fun.

Living and learning in a camp setting, students are introduced to whitewater canoeing,

hiking, mountain biking, rock climbing, and rappelling, wilderness living skills, and more. Intermixed with these adventure activities are classroom theory sessions and amazing opportunities for both personal and group development. During the final week, the skills achieved are put into practise on a four-day river trip where the students learn to live in the wilderness and challenge themselves in all-new ways.

The three-year professional development and high-school credit program at MAS provides students with vital, real world certifications in standard first aid, Alberta waterfront instructor certification and Canadian moving water skills tandem. In addition to this, the outdoor survival and emergency-response training provides lifelong skills.

Just minutes outside of Rocky Mountain House, the Mountain Adventure School camp provides an experience for students like no other. Visit progressiveacademy.ca/mas.

RUPERTSLAND INSTITUTE OFFERS SUMMER PROGRAMS

The Rupertsland Institute – Métis Employment Services (MES) – offers training programs and access to post-secondary funding for Métis adults and youth (ages 15 to 30) through 10 offices across Alberta.

In the Edmonton area, MES works with community employers and training facilities like Norquest College (medical office administration, for example) and Tradewinds to Success (apprenticeships in the construction trades, safety tickets, etc). MES employment counsellors and client resource assistants help Métis youth and adults think about future goals, marketable skills and talents, as well as assisting with resumé writing and interview tips, and providing job referrals and access to computers, photocopyers and other resources.

MES offers full client services on site in Edmonton and a province-wide network of offices, even featuring a Mobile Metis Employment Services RV. According to Kristena Belcourt of the Edmonton MES, this ensures that Métis people from across Alberta receive standardized employment assistance in their own communities.

The federally-funded institute (see metisemployment.ca) also assists clients as they seek training or retraining, something Bel-



CONTRIBUTED

court said will likely be more common in the current economic uncertainty of the Alberta energy sector.

Starting in August, the Rupertsland Institute will join Katimavik for a Métis Leadership Program (for youth ages 18 to 30). The five-month program offers exciting opportunities and exposure to a variety of work, but MES also offers regular summer employment programs and career internship programs as part of their ongoing commitment to Métis youth.

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change
YOUR **life**

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Mountain Adventure School

- Two-week summer programs for high school students.
- Earn school credits and certifications toward a career in camp leadership and guiding.
- Full 14 day summer camp includes lake and whitewater canoeing, rock climbing and rappelling, back country biking, hiking and wilderness living in an extended river expedition.

Sessions starting in June, July and August

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To register now or for more information contact us:

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Rupertsland Institute
Métis Centre of Excellence
**MÉTIS TRAINING
TO EMPLOYMENT**

MÉTIS ENVIRONMENTAL CAREER PROGRAM

Are you a Métis youth between the ages of 15 and 17 returning to school in the fall? Do you enjoy the outdoors? Have you considered an environmental career? Would you like to earn a wage while you gain valuable employment skills and experience?

If so, contact your local Métis Training to Employment Services office for more details about this exciting program.

Space in this program is limited, so apply today!

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**EXPERIENCE THE
OUTDOORS LIKE YOU
NEVER HAVE BEFORE**

Application Deadline: July 3, 2015

Program Starts: July 25, 2015

For more information, contact

Métis Training to Employment Services:

1-888-48-MÉTIS – 1-888-486-3847

www.metisemployment.ca

Take comfort in low-cal cabbage rolls

Casseroles. This is one recipe where cutting corners yields some great results

Comfort food casseroles used to take too much time and cost too much in terms of calories, but with a few smart shortcuts, they can be your weeknight secret.

In these rolls, I used PC instant brown rice, which saved me 40 minutes and layered the cabbage rather than roll each individual one.

Directions

1. Bring broth and water to boil in a very large pot. Cut core from cabbage centre and drop, cut part facing down into broth.

Allow the liquid to return to the boil to loosen and soften leaves.

2. Remove cabbage from liquid and peel off 12 large leaves of cabbage.

3. Add rice to the broth, cover and simmer for 10 minutes. Stir



This recipe serves 10. TERESA ALBERT

in Italian seasoning and garlic powder.

Empty into a large bowl and set aside.

4. In the same pot, cook grated onions and carrots in a little oil until soft and add to rice bowl.

5. Use the same pot to cook

ground beef in 1/2 cup water until fully boiling and cooked through.

Pour off all water and fat through strainer and add to the rice pot. Next, add half a jar of tomato sauce to the rice.

6. Roll cabbage leaves lengthwise and cut across the grain

Ingredients

- 2 cups beef broth
- 1/2 cup water
- 1 head Savoy cabbage
- 2 cups instant brown rice
- 1 tbsp Italian seasoning
- 1 tsp garlic powder
- 1 tsp extra virgin olive oil
- 2 onions, grated
- 2 carrots, grated
- 1 tsp grapeseed oil
- 1 lb ground beef medium
- 1 jar tomato sauce

to make strips and lay half into the bottom of a casserole dish.

7. Top with rice and beef mixture. Top with remaining chopped cabbage leaves and remaining tomato sauce.

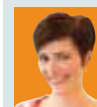
(Can be stored in the fridge up to 2 days at this stage).

8. Cover with foil and bake 375 degrees for 20 minutes.

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Health check

Learn about what's on those labels



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Was your New Year's resolution to read labels more vigilantly? Didn't think so, but it could be one key thing standing between you and your health.

Studies show that knowing which package is better for you does influence your purchase.

Of course, if you are buying fresh fruits and vegetables, you don't need a label because there isn't one thing in that

section that is unhealthy. The tricky bit is the time it takes to compare products while standing in the aisle.

But there are shortcuts:

- Look only at the ingredient list. It should be very short and contain only whole foods

- The per cent daily value of sodium represents your maximum for the day, so each snack food should be less than 15 per cent per serving.
- The less sugar the better,

no matter the source (including fruit!)

- Whole frozen meals should represent less than 500 calories per serving and you should be careful to only have the specified serving size. Be sure that you are filling at least half of every plate with items from the fresh produce aisle and you can't go wrong.

Nutrition Facts	
Serving Size 2/3 cup (51g)	
Servings Per Container About 8	
Amount Per Serving	Calories 240
	Calories from Fat 70
% Daily Value*	
Total Fat 12g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	10%
Sodium 50mg	10%
Total Carbohydrate 17g	14%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 8g	16%
Vitamin A	17%
Vitamin C	10%
Calcium	2%
Iron	6%

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2012 FORD FUSION SEL #12B2712 LEATHER \$12,988	2012 GMC TERRAIN SLE AWD #12T0198 \$14,988	2014 CHEVROLET CRUZE LT TURBO #14B3966 \$14,988	2013 CHRYSLER TOWN & COUNTRY TOURING #13B0975 \$18,988	2011 RAM 1500 CREW 4X4 SLT HEMI #11T0142 \$20,988	2011 FORD TAURUS SHO #11B1953 AWD/LEATHER \$21,988	
2013 FORD EDGE SEL AWD #13B1683 \$23,988	2012 CHEVROLET CAMARO RS #12T7213 HUD/LEATHER/SUNROOF \$24,988	2007 MERCEDES ML320 BLUETEC #07B6850 \$25,988	2010 FORD F150 CREW KING RANCH #10B5462 ONLY \$3,630KMS \$29,988	2011 FORD F150 CREW 4X4 HARLEY DAVIDSON #11T2760 \$33,988	2012 FORD F550 CREW 4X4 12 FT DECK #12B2548 \$36,988	

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Navarro stands firm with trade request

MLB. Projected backup catcher remains polite and professional to open spring training

Toronto Blue Jays catcher Dioner Navarro, facing an uncertain future with the arrival of Russell Martin, confirmed Monday that he wants out.

The 31-year-old from Venezuela said he had asked the team for a trade back in November when Martin was signed to an \$82-million US, five-year contract.

Navarro says nothing has changed. He wants to go to a team where he can play every day.

He says he holds no grudges and will work hard the whole spring, hoping an opportunity comes his way. But he acknowledged he was frustrated and a little disappointed that nothing has happened yet in terms of a new home.

"I don't know when did it go wrong, if anything did go wrong," Navarro said of his time with Toronto. "I'm just going to be ready and do my job."

Navarro, who hit .274 with 12 home runs and 59 runs batted in last season, faces being a designated hitter and backup catcher with the Jays. He is on the final year of a two-year deal that will pay him \$5 million this season.

While Navarro was professional and polite in speaking to the media, his public desire to leave the club was hardly the opening spring training message the Jays wanted.

Still manager John Gibbons, who spoke to the media before Navarro, said he understood his catcher's frustration.



Blue Jays catchers Russell Martin, left, and Dioner Navarro get ready to take part in batting practice in Dunedin, Fla., on Monday. NATHAN DENETTE/THE CANADIAN PRESS

Quoted

"I would just like to play every day somewhere."

Blue Jays catcher Dioner Navarro who drops in the depth chart with the arrival of Russell Martin

"I can't blame him for not being happy. He's a competitor, he's a big-league player, a good one," Gibbons said, insisting there was a place for Navarro on the team.

Martin said he had a good relationship with Navarro, dating back to their time with the Dodgers.

"We're going to both try and help the team as best we can," Martin said. "I'm sure that if he could be in a gig where he could catch every day, I'm sure he would prefer that but that's something that's out of his control for now."

"The only thing he can control is his attitude and so far it's been fantastic. And (it) hasn't made me feel weird at all. He's been a good teammate so far. It's only Day 1 but the attitude is the right one

Catching the knuckleball

Russell Martin drew a lot of attention during his opening bullpen session with Daniel Norris. Knuckleballer R.A. Dickey used personal catcher Josh Thole for his throwing time.

- Manager John Gibbons said that was just for the first day of camp. Martin will be given the chance to catch for Dickey.

and hopefully we can keep that going." THE CANADIAN PRESS

Court

Cleaner testifies she saw guns at Hernandez home

A woman who cleaned the home of former New England Patriots player Aaron Hernandez testified Monday at his murder trial that she saw two guns there before the killing.

Hernandez has pleaded not guilty to the June 17, 2013, killing of Odin Lloyd, who was dating the sister of Hernandez's fiancée. His body was found in an industrial park not far from Hernandez's home. The .45-calibre gun used to shoot him six times was never found.

Marilia Prinholato testified under questioning from prosecutors that she saw the first gun around May 7, 2013, and the second gun a few weeks later. THE ASSOCIATED PRESS

NHL

Cowen suspended three games

Jared Cowen of the Ottawa Senators says he has no intention of changing his game despite being handed a three-game ban for his hit on Florida's Jussi Jokinen.

The suspension doled out by the NHL on Monday comes at a most unfortunate time for the Senators as they head out on a five-game western road trip. They will be without the defenceman as they face Anaheim, Los Angeles and San Jose.

"I'm trying to be a physical player out there and do my job," Cowen said. "If I don't do that I'm not in the lineup. To do that, you've got to play on the edge." THE CANADIAN PRESS



Pelicans guard Tyreke Evans, left, shoots against Raptors guard Kyle Lowry in New Orleans, Monday. GERALD HERBERT/THE ASSOCIATED PRESS

Pelicans peck away at Raps to earn comeback victory

Alexis Ajinca capped a 16-point performance with a go-ahead layup in the final minute, and the New Orleans Pelicans erased an 18-point deficit en route to a 100-97 victory over the Toronto Raptors on Monday night.

Luke Babbitt scored 18 for New Orleans, including a clutch three-pointer that gave the Pelicans their first lead of the game with 1:55 to go.

The clutch outings by the

On Monday

100

Pelicans

97

Raptors

two reserves helped New Orleans overcome the absence of all-star Anthony Davis and

Ryan Anderson, who were both injured Saturday night in Miami.

Newly acquired Norris Cole scored 15 for New Orleans. Omer Asik added 14 points and 11 rebounds, and Tyreke Evans had 13 points and 12 assists.

Kyle Lowry scored 22 for Toronto, which lost its second straight. Jonas Valanciunas had 17 points and 14 rebounds. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Someone you believed was trustworthy will show their true colours. In a way, they have done you a favour — you know not to trust them again.

♉ Taurus

April 21 - May 21

If you find it hard to communicate with those around you over the next 24 hours, it may be the planets' way of telling you this is not a good time to discuss serious matters.

♊ Gemini

May 22 - June 21

Someone in a position of power will say something that annoys you today, not least because it seems to cast doubts on your expertise. Don't take it too seriously.

♋ Cancer

June 22 - July 23

You won't be sociable today but that's OK; you need time to plan your next move. Don't give up on a long-term ambition. *It can* be done.

♌ Leo

July 24 - Aug. 23

Spell out what it is you intend to do over the next few days so there can be no confusion. However, having made your plans public you must stick with them.

♍ Virgo

Aug. 24 - Sept. 23

Don't let anyone pressure you into making a hasty decision today, especially as it will be you who gets the blame if it all goes wrong.

♎ Libra

Sept. 24 - Oct. 23

Your mind may be sharp and clear but that does not mean the conclusions you reach will be right. Wherever possible, do your own research.

♏ Scorpio

Oct. 24 - Nov. 22

You may be tempted to rush through a task at top speed, but if you do, you may make a bad job of it. Do it right the first time.

♐ Sagittarius

Nov. 23 - Dec. 21

Plan ahead but try not to actually do anything. If you give your brain a rest today it will be working better later in the week, when important decisions have to be made.

♑ Capricorn

Dec. 22 - Jan. 20

You are having doubts about something you thought was a great idea. But don't give up, because a few days from now your doubts will be gone and it will be a great idea again.

♒ Aquarius

Jan. 21 - Feb. 19

You are desperate to make an impression, but don't break the rules or, worse, break the law. The impression must be positive, not negative.

♓ Pisces

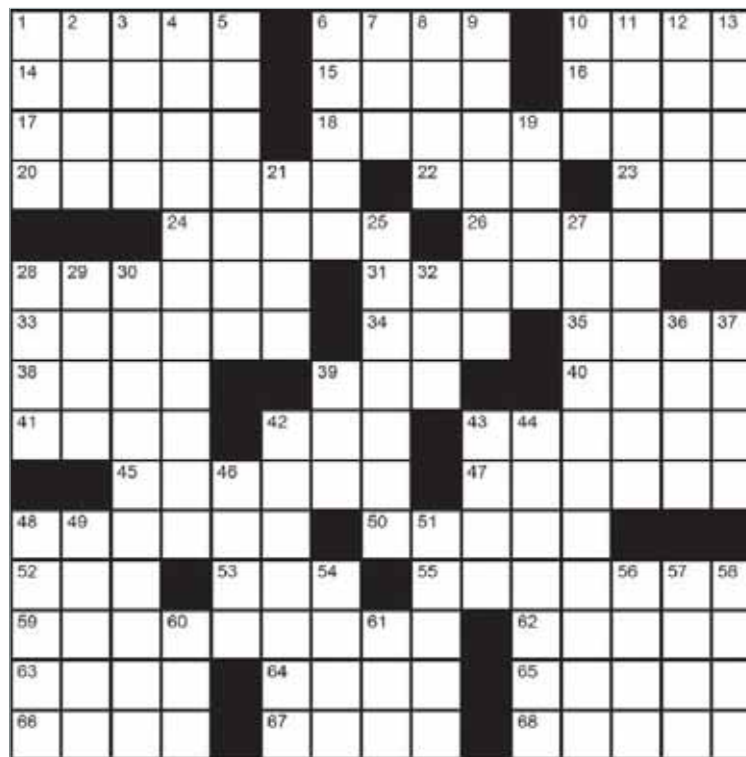
Feb. 20 - March 20

If someone asks you to help with a cause close to your heart, you will do so eagerly. But before you do, make sure you are dealing with professionals, not amateurs.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Tim __, Canadian journalist to which Prime Minister Trudeau made his famous 'just watch me' quote in 1970
6. Hungry feeling
10. Company bosses, collectively [abbr.]
14. Then: French
15. Moulding type
16. __ knot
17. __ 6 a.m., like an alarm clock
18. CBCS = Canadian Broadcast __ Council
20. Canadian cycling great Curt
22. Casual shirt
23. Newspaper in Calif.'s largest city [acronym]
24. __ lights (Movie set brighteners)
26. Frill
28. Ms. Lansbury
31. Magical potion
33. "Fifty Shades of Grey" actor Jamie
34. Ms. Richie, briefly
35. Poetically approaching
38. __ now (Up to this point)
39. 'Sure' signal
40. Computers: Prefix to 'byte'
41. Dry: Spanish
42. Silent
43. #29-Down's answer, informally
45. Epoch when ancestors of the modern



- horse appeared
47. Furniture polish brand
48. Stage musical, Bye Bye __
50. Goat-antelope of Japan
52. Whichever
53. __-la-la!

55. Dance judge Nigel
59. __-__ sweater
62. Prince William's brother
63. "The Bridge on the River __" (1957)
64. "This should come __ surprise..."
65. Uplift

66. Video game maker
67. Nashville, __
68. Mister, in Madrid

Down

1. Foolhardy
2. Epithet for Athena
3. Tolkien's trilogy,

- tiny-ly
4. Genetically-modified grub
5. Canadian actress Ms. Warren
6. Mail, in Montreal
7. 007, e.g.
8. Tidy
9. Not a name brand

10. Kingston Trio hit
11. 1991 Matthew Sweet song
12. Track star's 'necklace'
13. Preference
19. Two: French
21. Vancouver-born actress Valerie
25. Making-organs 'instructions'
27. Vancouver Canucks mascot: 3 wds.
28. "Cold Mountain" (2003) heroine, and others
29. Olfactory organ
30. Show on Oprah's network OWN starring two Canadians, "Anna & Kristina's __"
32. Jar's closer
36. Watered-down rum
37. Smog
39. Convent dweller
42. Kalahari Desert animal
43. Agile
44. Garments
46. Adduce
48. Gives support to
49. Floored: 2 wds.
51. Mr. John
54. Cove: French
56. "___ Torino" (2008)
57. "Is that for here ___ go?" (Fast food query)
58. Glander
60. ___ Fail (Irish coronation stone)
61. Hostel

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	1	2	6	4	3	5	9	7
5	9	6	2	8	7	3	4	1
7	3	4	9	5	1	8	6	2
2	7	5	8	3	6	9	1	4
1	4	8	7	2	9	6	3	5
3	6	9	5	1	4	7	2	8
9	2	1	3	7	8	4	5	6
4	8	3	1	6	5	2	7	9
6	5	7	4	9	2	1	8	3

			2	9	1			
		8				2		
	9	6				4	3	
4								2
8								5
	5	2	7		9	1	6	
			6		4			
		4				5		
		5	1	7	2	8		

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